

## Essential Habits to Embrace as We Approach the Next Wave

Silver Hill Hospital's COVID-19 Campaign (CRC) aims to provide helpful article summaries and original content to help you navigate the current pandemic and its distressing impacts. To propagate meaningful content in a timely manner, we've summarized an important article by New York Times author Tara Parker-Pope. You can view her [full article here](#).

The expectation is that cases will continue to surge in the coming year despite the proposed harm reduction model to minimize (rather than eliminate) risk. The author consulted with scientists and public health experts to provide tools for consistent decision making to mitigate risk during increasing social exposure. Suggestions are as follows (Parker-Pope, 2020):

**Monitor the positivity rate and "trend in overall case rates" in your state and community.** For example, you can check whether your state meets World Health Organization (WHO) positivity recommendations at [Johns Hopkins Testing Hub](#). The WHO recommends a positivity rate of 5% or less for two weeks before re-opening. Should the positivity rate rise, more precautions are in store. For additional stats on positive test and infection rates, ICU bed availability and contact tracing go to [Covid Act Now](#). For county-specific hotspot stats, [The New York Times Latest Map and Case Count](#).

**Form a limited in-person social circle.** This tends to work best when two households possess analogous social components, for example, allowing children to play together or older ones to visit each other. Trust and communication are essential to discuss shifting activities and potential risks.

**Mitigate risk.** Think about trade-offs and what's important to you. For example, visits with loved ones and the number of trips to the store increase exposure-risk. How can you balance your exposure-budget? There are emotional trade-offs to not seeing close friends or family members that are unique to each person and situation. Reduce your risk where you can by spacing exposure where you can.

**What is the quality and quantity of exposure?** Move events outdoors where possible to decrease aerosol exposure. Parker-Pope (2020) proposes asking, "If an infected person happens to be nearby, how much time could I be spending with them?" For example, brief exposure is low risk, such a passing someone walking outdoors. Keep face-to-face contact to under fifteen minutes, wear a mask and social distance. Limit indoor activity (grocery shopping) to under an hour while considering the number of people, air volume and time as critical variables.

**Don't let up on practicing precautions!** Wear a mask, social distance outside the house, wash your hands often and tighten up precautionary methods with higher risk family members.

Visit [silverhillhospital.com/covid19resilience](https://silverhillhospital.com/covid19resilience) for a comprehensive list of downloadable resources. Silver Hill's COVID-19 Resiliency Campaign (CRC) works with agencies and support networks throughout the community to offer services to frontline workers in need of support. Based at Silver Hill Hospital, the CRC offers education and training to law enforcement agencies, fire departments, EMS, hospitals, skilled nursing and assisted living facilities. We do this by way of providing Town Hall Forums on COVID-19, wellbeing, coping strategies and tips on resiliency during the pandemic. Our goal is to support you in maintaining physical and mental well-being in these unprecedented times.

<https://silverhillhospital.org/covid19resilience/>



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### References

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